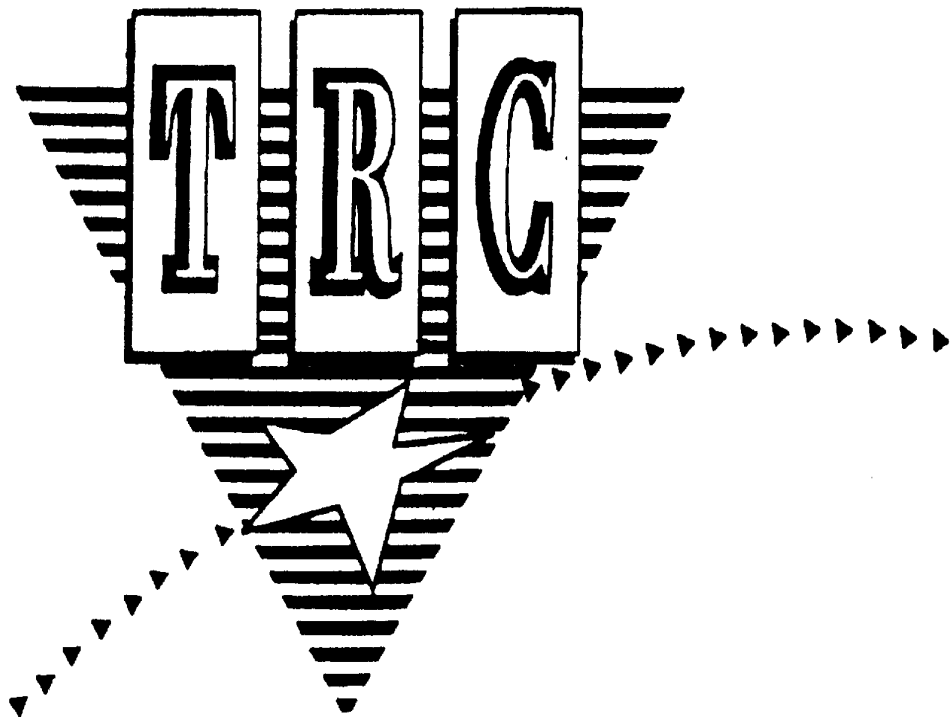


**MONTGOMERY THERAPEUTIC
RECREATION CENTER
SPRING BROCHURE
JANUARY 2, 2016 - May 31, 2016**

TURNING DISABILITIES INTO WINDOWS OF OPPORTUNITIES!



“THE BENEFITS ARE ENDLESS”

GENERAL INFORMATION

Hours of Operation: The TRC is open the following times:

Monday, Tuesday, Thursday	8:00am to 7:00pm
Wednesday, Friday	8:00am to 5:00pm
Saturday	9:00am to 12:00pm

City Holidays: The TRC will be closed the following holidays:

MLK Holiday - Mon, January 18, 2016 President's Day - Mon, February 15, 2016
Memorial Day - Mon, May 30, 2016

REGISTRATION NOTES

1. Registration for Spring semester is Saturday, December 5, 2015 from 9:00am - 12:00pm and Monday, December 7, 2015 through Friday, December 11, 2015 from 8:15am until 6:00pm.
2. Be sure to note the days that each program will not meet during the semester.
3. All participants must register and pay programs fees (when applicable) each semester prior to participation. *Fees are nonrefundable!*
4. Some programs are limited in size and are filled on a first come, first serve basis.
5. Orientation for all Wellness members and assessments for after-school participants are required. Please call for an appointment.
6. Participants should bring more than one check to register to be receipted in different accounts for some programs. All checks should be payable to MTRC.
7. Mailed registrations will not be accepted. Wellness members must register

The "Montgomery Therapeutic Recreation Center Wellness Program" is a program developed to promote fitness for persons with disabilities. All persons must have a disability and have completed a physician's medical form to participate. A membership fee of \$25.00 per semester enables all members participation in therapeutic aquatics, weightlifting, and exercise groups.

RESOURCE LAB

Hours of Operation: TRC wants participants to use the Resource Lab to enhance their lifestyles. The lab is open and free to individuals who would like to research information, to get information on adaptive equipment, specific disabilities, services needed or anything needed at home, work or leisure time.

Resources: A lab technician is available during the allotted times for open lab to assist members as needed. Members can contact the lab technician for any questions or requests.

Open Lab This time is set aside to meet the needs of individuals with knowledge of computers. We encourage all wellness members to use this time to gain valuable skills with computers. TRC offers an on site lab technician for any questions or any assistance needed.

Day:.....Mon., Wed. & Fri.

Time:.....10:00am - 12:00pm

Contact:.....Joye Bigelow

One-on-One Computer Instruction TRC wants to meet the needs of individuals interested in learning more about computers. Sessions are 45 minutes long. Participants can choose one session or several based on individual needs. Scheduling will be done with the lab coordinator.. See Lab Technician for schedule.

Cost:.....\$10.00 per session

.....2 sessions \$15.00

.....3 sessions \$20.00

Contact:.....Joye Bigelow

It is important that registration

The Resource Lab has information available on a variety of topics. Please stop in the lab and see if we have the information your looking for. If not, please contact the lab technician about your specific subject or inquire about our Ask MTRC program. This may be just the program to get the information you're looking for.

forms are filled out completely and updated each semester.

REGISTRATION BEGINS SAT., DECEMBER 5, 2015 AND ENDS FRIDAY, DECEMBER 11, 2015

BAD WEATHER

CALL MTRC AT (334)240-4595 TO CHECK FOR PROGRAM CANCELLATION DURING INCLEMENT WEATHER.

REMEMBER THERE WILL BE A \$5.00 LATE FEE FOR ALL REGISTRATIONS AFTER FRIDAY, DECEMBER 11, 2015.

CHECK OUT ALL OF OUR AQUATIC CLASSES HERE AT MTRC

WELLNESS

Energize Me This is the same class just more fun and energetic (water exercise class) that will have you pumped up in no time. We are introducing new equipment such as the band and the Wave Webbs. This class increases the cardiovascular, tones muscles and helps promote better flexibility. The Band is the perfect exercise tool to tone, condition the legs, lower body and core, while maintaining good posture, a neutral spine and abdominals. Wave Webbs enhance the natural resistance of water for safe and effective upper body conditioning and increase range of motion and more dynamic moves. This class is just what you need to get moving. *Program will not meet Jan. 18, Feb. 15 & May 30.*

.....Day/Time:.....

Mon.....8:15 - 9:00am

.....9:15 - 10:00am

.....6:00 - 6:45pm

Tues.....10:15 - 11:00am

.....1:00 - 1:45pm

.....6:00 - 6:45pm

Wed.....8:15 - 9:00am

.....9:15 - 10:00am

Thurs.....10:15 - 11:00am

.....1:00 - 1:45pm

Fri.....8:15 - 9:00am

.....9:15 - 10:00am

Sat.....9:15 - 10:00am

Contact:Jeffery Barlow

On the Move (Lap Swim)

Add a little splash to your day or evening in a comfortable and relaxed atmosphere. Our heated pool is open to participants wishing to swim for better conditioning and endurance. You must be able to swim a complete lap with a basic stroke. During this time, ONLY LAP SWIMMING IS ALLOWED. A certified lifeguard is on duty. *Program will not meet Jan. 18, Feb. 15 & May 30.*

.....Day/Time:.....

Mon. & Fri.....1:00 - 1:45pm

Tues., Thurs.....7:15 - 7:45am

Tues, Wed., & Thurs.....12:00 - 12:45pm

Contact:.....Jeffery Barlow

Early Bird Series

This program is structured for you to get an early start to your day feeling great. The series will include an exercise class and an unstructured program to let participants walk and develop exercises created by each individual and doing it at their own pace. Lifeguard on duty! *Program will not meet Jan. 18, Feb. 15 & May 30.*

.....Day/Time:.....

Mon/Wed.....Exercise Class

Time:.....6:00 - 6:45am

Tues/Thurs.....Create your own

Time:.....6:00 - 6:45am

Contact:.....Jeffery Barlow

AEP (Exercise Program)

This program is geared for participants with Arthritis only. The exercises will increase range of motion, flexibility, muscle endurance, and help relieve joint pain caused by arthritis. No aquatic weights will be used. Cardiovascular exercises are included, but not emphasized. *Program will not meet Jan. 18, Feb. 15 & May 30.*

.....Day/Time:.....

Mon. & Fri.....12:00 - 12:45pm

Tues. & Thurs.....8:15 - 9:00am

Wed.....1:00 - 1:45pm

Limit:.....30

Contact:.....Jeffery Barlow

Have it Your Way (open pool)

This is an unstructured program designed to allow participants to engage in an individualized exercise program in our heated pool. Participants can design their own exercise program, follow exercise routines developed by a therapist or bring their own therapist/ exercise instructor. *Program will not meet Jan. 18, Feb. 15 & May 30.*

Day:.....Mon. & Tues.

Time:.....5:00 - 6:00pm

Contact:.....Jeffery Barlow

TRC Spec's

This aquatic exercise class is designed to meet the needs of individuals with Parkinson's/disease or impairments from Stroke (CVA). These pool exercises help promote mobility, endurance, and flexibility. In addition, this program offers a sup-

portive group environment while you have fun exercising.

Day:.....Tues. & Thurs.

Time:.....9:15 - 10:00am

Contact:.....Jeffery Barlow

Family Splash

Add a little splash to your family's lifestyle by bringing them to TRC to enjoy our heated pool. This is sure to be a treat for the entire family. We ask that you limit this time of relaxation and enjoyment to three family members only.

.....Day/Time:.....

Thurs.....5:00 - 6:45pm

Sat.....10:15 - 11:45am

Contact:.....Jeffery Barlow

Aqua Zumba

Bring the party to the pool!!! The Aqua Zumba program gives new meaning to the ideal of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooping and hollering. Heat up the pool party, integrating the Zumba formula and philosophy with the traditional aqua fitness disciplines. The Aqua Zumba Class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body toning and most of all exhilarating beyond belief. **LET'S MAKE A SPLASH!!!** Aqua shoes required.

Day:.....Mon. & Wed.

Time:.....10:15 - 11:00am

Contact:.....Ralph Evans

WELLNESS

Stretch - Tone This class is designed to help our wellness members improve flexibility as well as toning areas of the body that does not receive enough emphasis during other exercise programs at TRC. Program will include stretching major muscle groups, abdominal exercises, modified push ups, thigh and hip exercises, and much more. Exercises will be done on mats. *Program will not meet Jan. 18, Feb. 15 & May 30.*

Day:

.....Mon. & Wed.

Time:.....10:15 - 11:00am

Contact:.....Christopher McNeil

Land Exercise (Arthritis and other disability groupings) This land aerobics class is designed to increase strength, mobility, flexibility, endurance and overall physical well-being. Classes are being taught by a certified instructor that leads sitting exercises using a chair as support. This class is designed by the Arthritis Foundation's Exercise Program.

Day:.....Tue & Thurs.

Time:.....10:15 - 11:00am

Contact:.....Christopher McNeil

Individual Fitness Room

TRC has now increased hours with super-

vised and unsupervised time. During supervised time, participants are able to work out independently on an individual basis with a staff member available to monitor and assist if needed. During unsupervised time, a staff will **NOT** be in the room to oversee participants workout. Come take advantage of this fitness room with all the equipment that it has to offer.

.....**Supervised**.....

Mon. - Fri.....8:15 - 11:00am

.....**Unsupervised**.....

Mon. - Fri.....6:00 - 8:00am

Tues. & Thurs.....5:00 - 6:00pm

.....11:00am - 3:00pm

Sat.....9:00 - 11:00am

Age:.....18 years and older

Contact:.....Christopher McNeil

Wellness Assessment

This program in General Recreation is for those who want to track their progress and to assess what they are doing to

meet their wellness goals. If you are interested in this program, schedule a time with Chris.

Day:.....Tues., Wed. & Thurs.

Contact:.....Christopher McNeil

LOCKERS ARE AVAILABLE FOR
\$10.00 PER SEMESTER. THEY
MUST BE PAID EACH
SEMESTER.

JOIN ONE OF OUR MANY
SOCIAL CLUBS HERE AT MTRC.
YOU WILL HAVE THE TIME OF
YOUR LIFE.

LET TRC HELP YOU GET BACK INTO SHAPE!!!!

WELLNESS SOCIAL CLUBS

Potluck Brunch Come eat and fellowship!! If you enjoy socializing with others and enjoy eating a good meal then, feel free to bring your covered dish and join us. Hosted by TRC's Creative Art's Department.

Day:.....First Thursday of the month.

Time:.....10:00 - 11:00am

Contact:.....Michelle Glass

Wise Club

Enjoy the fellowship and games on the 2nd, 3rd & 4th Thursdays of each month. Mexican train dominoes is the favorite game of this club, you don't have to know how to play, we will gladly teach you. Bring your snacks or lunch and come out and ride the Dominoe train with the Wise club!!

Day:.....2nd, 3rd, & 4th Thursday of the month

Time:.....10:00 - 11:00am

Contact:.....Michelle Glass

DON'T FORGET TO JOIN US AT THE
SPRING MEET AND GREET THERE WILL BE
FUN, LAUGHS AND GOOD FOOD.

COME SHARE YOUR EXPERTISE AT DOMINOES
WITH THE WISE CLUB ON THURSDAYS.

WELLNESS, NEW PROGRAMS & DAY ACTIVITIES

Simple Sewing Class

Simple Sewing Class. This is a beginner sewing class. Come learn how to make handkerchief, aprons, pillows and so much more. Learn how to hem a pair of pants. It's all about using your mind and hands.

Program will not meet Jan. 18, Feb. 15 & May 30.

Day:.....Mondays
Time:.....10:00 - 11:00am
Limit:.....6
Contact:.....Pamla Tilghman

That's What Friends Are For

This is a small arts and crafts class for the physically challenged. You learn how to use your imagination in creating different type of craft projects. So come in and let's get those artistic juices flowing. Craft projects are worked on during the year and in October are entered in the Alabama National Fair. The members of the class work on crafts until noon, then have lunch together.

Day:.....Tuesday
Time:.....10:00am - 1:00pm
Age:.....(18 and older with physical-ly impaired)
Cost:.....\$10.00
Limit:.....5
Contact:.....Pamla Tilghman

Senior Ceramics Painting

**MTRC IS GOIN TO
BESSEMER. WE ARE
GOING TO SHOP TIL WE
DROP. DON'T MISS
OUT ON THIS FUN AND
EXCITING TRIP. SIGN UP
AT REGISTRATION**

Join the Creative Arts Department in exploring the joy of ceramics painting. We will take trips to supply stores in the area for participants to purchase their own supplies. We will provide basic acrylic paint. Additional supplies must be purchased by participants. Participants can enjoy basic painting or follow the instructor in more detailed techniques.

Day:.....Wednesdays
Time:.....9:00 - 11:00am
Limit:.....10
Contact:.....Michelle Glass

The Gallery Group

Do you enjoy art? Do you enjoy fellowship? Then this is the place for you! We will take a trip, the first Friday of each month to a local gallery and discuss what we find there. We will take a moment to discuss such topics as: form, composition, color, emotion etc. This class is perfect for those new to the art world as well as the seasoned art lovers. Let's so explore the galleries together!

Day:.....1st Friday of Each Month
Time:.....9:00am - 12:00pm
Limit:.....15
Contact:.....Michelle Glass

Canvas Class (Instructor

Lead) Create a work of art during this painting class. Follow the instructor step by step to create an acrylic painting on a stretched canvas. Each session is independent so you don't have to attend every month. You can pick and choose each month. A sample canvas will be on display prior to each session so you can chose if you would like to register for the session. Space is limited, so please register ahead to reserve your spot. Bring your snack or lunch and an open mind, and watch our instructor bring out your inner artist.

Day:.....3rd Friday Only
Time:.....9:00am - 12:00pm
Cost:.....\$17.00 per session
Contact:.....Michelle Glass

A Trip to Bessemer Flea Market

We will take a trip to the Bessemer Flea Market. Come and enjoy a day of shopping with 450 vendors. Enjoy a wide variety of goods at the market. Craft collections, new merchandise and great bargains can be found, from electronic to sportswear. Food and beverage concessions are available inside and out.

Day:.....Sat., May 13, 2016
Time:.....9:00am - 5:00pm
Limit:.....20

Cost:.....\$2.00
Contact:.....Pamla Tilghman

2016 SPRING SEMESTER MEET AND GREET

Our past Meet and Greets have been a big success and at the request of our Wellness members, we are going to have a Meet & Greet every semester. There will be good food, good friends, and lots of fun! Just bring yourself and a covered dish and take this opportunity to meet other wellness members and fellowship with the TRC staff.

Date:.....TBA
Time:.....TBA
Contact:.....Joye Bigelow